

Johnson County 4-H welcomes you to

2019 4-H Food Fare: Colors



Thank you **4-H clubs** and **Master Food Volunteers** for your participation and submitting recipes for us all to enjoy.

Thank you **Food Fare committee** for organizing this fun event.

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Research and Extension



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Table of Contents

Master Food Volunteers—Black Black Bean Coconut Brownies (Gluten-Free) Ginger-Molasses Black Chicken Drumettes Blackberry Black Tea Black Bean Hummus	Pages 3-5
Blue River Wranglers—Green Spinach Pineapple Smoothie Healthy Green Pancakes Cucumber Sandwiches Green Irish Soda Bread Matcha Cookies	Pages 6-7
Country Hearts—Purple Peanut Butter and Jelly Popcorn (2 Recipes)	Page 8
Frontier Family—Red Red Surprise!	
Great Plains—Rainbow Rainbow Hummus Mini Rainbow Doughnuts	Pages 9-10
Lucky Clover—Yellow Cheesy Hash Brown Casserole Fluffy Pancakes Banana Pudding Cups	Page 11
Oxford Hustlers—Blue Blue Hawaiian Punch Blue Crab Dip Quick and Easy Blueberry Muffins	Page 12
Pioneer—Orange Slow Cooker Orange Chicken No Bake Orange Creamsicle Truffles The Best Punch Recipe	Page 13-14
Prairie Star—Brown Meatballs Brownies	Page 15
Sharon—Pink Pink Dipped Marshmallows Unicorn Bark	Page 16
Stanley Buccaneers—White Alfredo Sauce The Best Sugar Cookie Recipe The Original Rice Krispies Treat™ Recipe Wedding Cupcake Buttercream White Holiday Punch	Page 17-18

Black

Master Food Volunteers

Black Bean Coconut Brownies (Gluten-Free)

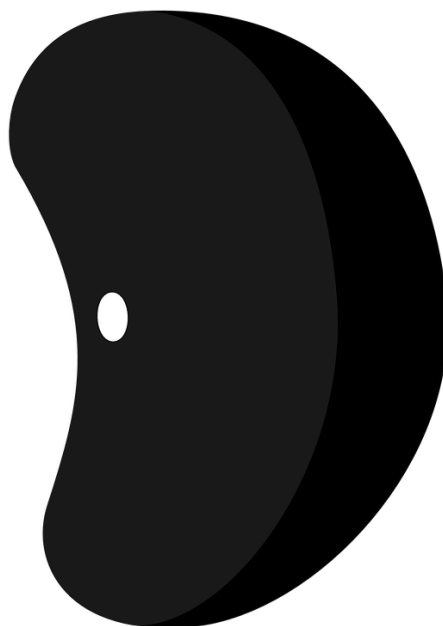
- 1-1/2 cups black beans rinsed and drained
 - 3/4 cups sugar
 - 2 teaspoons vanilla
 - 1 cup of unsweetened coconut divided
 - 3 eggs
 - 1 teaspoon espresso powder
 - 1/3 cup cocoa powder
 - 2 tablespoons melted coconut oil or vegetable oil
 - 1/2 cup semi-sweet chocolate chips
1. Pre-heat oven to 350°F. Line a muffin tray with parchment or silicone muffin papers.
 2. In the base of a 7-cup food processor fitted with a steel blade (or a high powered blender), combine the black beans, sugar, vanilla, 1/2 cup of coconut, eggs, espresso powder, cocoa powder and coconut oil.
 3. Blend until creamy and smooth.
 4. Transfer to a large glass measuring cup, or mixing bowl.
 5. Stir in the chocolate chips.
 6. Pour or spoon the batter, dividing it amongst 12 muffins.
 7. Sprinkle the tops with the remaining coconut.
 8. Bake for 23 to 25 minutes, until muffins are cooked through.
 9. Allow to cool before removing the muffin papers.

Source: www.sweetpeasandsaffron.com

Nutrition Facts

12 servings per container	
Serving size	1 brownie
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 65mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 209mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Black

Master Food Volunteers

Ginger-Molasses Black Chicken Drumettes

- 1/4 cup blackstrap molasses
 - 1/2 cup honey
 - 2 teaspoons ground ginger
 - 6 tablespoons vinegar (apple cider or distilled work well)
 - 1/4 cup ketchup
 - 1/4 cup dark tamari
 - 2 tablespoons Dijon mustard
 - Hot sauce, to taste
 - 2 tablespoons butter
 - Activated charcoal, start with 1 teaspoon and add more if needed
 - 24 chicken drumettes
 - Flour for dredging, about 3/4 cup
 - Salt, to taste
1. In a sauce pot, combine molasses, honey, ginger, vinegar, ketchup, tamari, Dijon mustard and hot sauce. Bring to a simmer and melt in butter. Stir in activated charcoal. Add more if need for color. Simmer for a few minutes and set the sauce aside so that flavor can develop and charcoal can fully dissolve. Taste, and adjust seasonings and flavors as desired. There may be enough salt from the tamari; if not add salt to taste.
 2. Meanwhile, cook your chicken drumettes. Dredge each piece in flour and bake on an oiled sheet tray in a 400°F oven. This will take 30 to 45 minutes. Salt, to taste.
 3. If your sauce has thickened and cooled while your wings were cooking, reheat it. Then toss wings in the sauce.

Nutrition Facts	
24 servings per container	
Serving size	1 chicken drumette
<hr/>	
Amount per serving	
Calories	110
<hr/>	
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 290mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 5g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 143mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Makes 24 servings, 1 drumette each

Notes: Nutritional analysis completed using 1/4 teaspoon hot sauce and without additional salt.

Source: www.foodhighs.com

Black

Master Food Volunteers

Blackberry Black Tea

- 3 cups fresh or frozen blackberries, thawed
- 1-1/4 cups sugar
- 1 tablespoon chopped fresh mint
- Pinch of baking soda
- 4 cups boiling water
- 2 family-size tea bags
- 2-1/2 cups cold water
- Garnish: fresh blackberries



1. Combine blackberries and sugar in a large container, and crush with a wooden spoon; stir in mint and baking soda.
2. Pour 4 cups boiling water over tea bags; cover and steep 5 minutes. Discard tea bags.
3. Pour tea over blackberry mixture; let stand at room temperature for 1 hour. Pour tea through a wire-mesh strainer into a large pitcher, discarding solids. Add 2-1/2 cups cold water stirring until sugar dissolves. Cover and chill 1 hour. Garnish, if desired.

Makes 8 servings

Source: www.myrecipes.com

Nutrition Facts

8 servings per container
Serving size 1/8 of recipe

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 34g	
Includes 31g Added Sugars	62%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 105mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Black Bean Hummus

- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 3 tablespoons tahini
- Juice of 1 lime
- 1 garlic clove
- 1/4 teaspoon chili powder

In a food processor, pulse black beans, tahini, lime juice and garlic clove. Season; sprinkle with chili powder.

Makes 8 servings

Source: www.rachaelraymag.com

Nutrition Facts

8 servings per container
Serving size 1/8 of recipe

Amount per serving
Calories **80**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 199mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Green

Blue River Wranglers

Spinach Pineapple Smoothie

- 2 Cups lightly packed chopped spinach leaves
- 3/4 Cup unsweetened vanilla almond milk
- 1 frozen medium banana (cut into chunks)
- 1/4 Cup plain non-fat Greek yogurt
- 1/4 Cup frozen pineapple pieces
- 2 Tbsps peanut butter
- 1-3 tsps honey

Place all ingredients into a blender in the order listed and blend until smooth. Add more milk as needed to reach desired consistency.

Cucumber Sandwiches

- 1 recipe Green Irish soda bread (recipe to follow)
 - 1 English cucumber
 - 8 oz light whipped cream cheese
 - 1/8 tsp dried dill
 - 1/2 tsp Garlic powder
 - 1/4 tsp
 - 1 tsp dried parsley
 - 3/4 tsp black pepper
 - 1 tsp seasoned salt
1. Prepare Irish soda bread according to recipe and thinly slice.
 2. In a large bowl use a large spoon to combine the whipped cream cheese with parsley, black pepper, seasoned salt, garlic powder, onion powder & dill.
 3. Thinly slice the cucumber and pat the slices dry with paper towels to prevent the bread from getting mushy. Spread a thin layer of cream cheese mixture on each piece of bread then arrange 1-2 cucumber slices on top. Serve immediately.

Healthy Green Pancakes

- 2 small bananas
- 2 large eggs
- 2 Cups lightly packed baby spinach
- 1 Cup milk
- 1 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla extract

Combine all ingredients into a blender and blend until very smooth. Stir in 1 Cup of flour. Cook as you would any other pancake.

Matcha Cookies

- 1 Cup flour
- 1/8 tsp salt
- 1 1/2 Tbsps of matcha powder
- 1 stick unsalted butter
- 1/2 cup of powdered sugar

Preheat oven to 325 degrees. Sift together the flour, salt and matcha powder. Set aside. In a stand mixer on medium speed cream together the powdered sugar and the butter. Very slowly, with the mixer on low, incorporate the matcha/flour mixture into the butter mixture. Roll the dough out to 1/2 thick and cut with cookie cutters. Bake for 15 minutes or until the cookies just start to brown.

Green

Blue River Wranglers

Green Irish Soda Bread

- 1 1/2 Cups all purpose flour
 - 1 1/2 Cups whole wheat flour
 - 1 tsp baking soda
 - 3/4 tsp baking powder
 - 1 tsp sea salt
 - 1 Cup milk
 - 4 tps Apple Cider Vinegar
 - 2 Cups fresh packed spinach
 - Rolled Oats, sunflower seeds or caraway seeds for sprinkling on top (optional)
1. Preheat oven to 425. In a large bowl combine the flours, baking soda, baking powder, and salt. Set aside.
 2. In a blender combine milk, vinegar and spinach leaves and blend until completely smooth. Pour all but about 1 Tbsp of the spinach & milk mixture into the flour. Using a spatula or spoon stir into the flour just until combined.
 3. Divide the dough into three to make small 6 inch loaves. Toss some extra flour onto your balls of dough and transfer them to a parchment-lined. Baking sheet. Flatten them just slightly so that they bake evenly and slash an "X" into the tops with a knife. Don't go too deep, just a surface slash. If you are sprinkling anything on top, use that remaining spinach & milk mixture to brush on the loaves before sprinkling the toppings.
 4. Bake for 30-35 minutes or until the bottoms are slightly browned and the cups feel crusty.
 5. Remove from the oven and transfer to a wire rack to cool. Be sure to throw a clean dish towel over them and let them cool down under it, this will ensure that the loaves stay tender.
 6. You can make 1 large loaf or 2 loaves, however the bake time may be just a bit longer. Just watch them after 30 minutes and bake until just slightly browned on the top and bottom.



Purple

Country Hearts

PB&J Popcorn

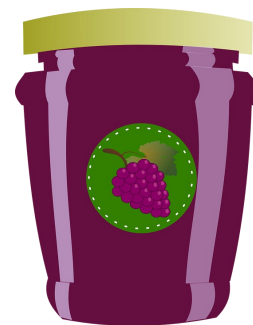
- 8 cups popped popcorn (I popped about 1/4 cup kernels for this small batch)
 - 1 cup white chocolate, divided
 - 1 1/2 tbsp. Welch's Natural Grape Jelly Spread
 - 1 tbsp. peanut butter
1. Divide Popcorn into two separate bowls.
 2. Over medium low heat on the stove top, melt 1/2 cup white chocolate with 1 tbsp. peanut butter. Stir until smooth. Pour over 1 bowl of the popcorn. Use a rubber spatula to mix well and coat thoroughly. Spread out on a silicon mat or parchment paper to let cool.
 3. Meanwhile, melt the remaining 1/2 cup white chocolate with 1 1/2 tbsp grape jelly over medium low heat on the stove top. Stir until smooth. Pour over the other bowl of popcorn, and stir with rubber spatula to coat well. Spread out on silicon mat or parchment paper to let cool.
 4. Once both batches of popcorn are cooled enough that the coatings are set, mix them both together in a bowl and serve!

<https://www.somethingswanky.com/peanut-butter-and-jelly-popcorn/>

Peanut Butter & Jelly Popcorn

Peanut Butter & Jelly Popcorn is a delicious snack and you can change up the taste with different jelly flavors. It is quick and easy to make and perfect for kids and adults! (**Author:** Stacey)

- 12 cups popped popcorn, plain
 - 4 tbsp peanut butter
 - 4 tbsp jelly
 - 2 tbsp butter
 - optional-salt
1. In a small sauce pan, stir and melt peanut butter, jelly, and butter over low heat
 2. Let cool slightly, then pour over popcorn
 3. Toss to coat all of the popcorn
 4. Optional-sprinkle salt on popcorn and toss



<https://realhousemoms.com/peanut-butter-jelly-popcorn/>

Rainbow

Great Plains

Rainbow Hummus (18 servings)

ROASTED RED PEPPER HUMMUS

- 15 oz chickpeas, 1 can, drained and rinsed
- 14 oz roasted red pepper, 1 jar
- 1 tablespoon tahini
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 clove garlic
- ½ teaspoon smoked paprika
- ¾ teaspoon salt

SUN-DRIED TOMATO HUMMUS

- 15 oz chickpeas, 1 can, drained and rinsed
- ⅓ cup sun-dried tomato
- 2 tablespoons tahini
- 2 tablespoons olive oil
- 1 clove garlic
- ¾ teaspoon salt
- 1 tablespoon lemon juice

TURMERIC GARLIC HUMMUS

- 15 oz chickpeas, 1 can, drained and rinsed
- 2 tablespoons tahini
- 3 tablespoons olive oil
- 2 cloves garlic
- 1 teaspoon ground turmeric
- 1 tablespoon lemon juice
- ½ teaspoon salt

FOR SERVING

- baby carrot
- crackers
- pita bread, quartered

SPINACH & ARTICHOKE HUMMUS

- 15 oz chickpeas, 1 can, drained and rinsed
- 2 cups fresh spinach
- ¾ cup artichoke heart
- 2 tablespoons tahini
- 2 tablespoons olive oil
- 1 clove garlic
- 1 tablespoon lemon juice
- ½ teaspoon salt

PURPLE SWEET POTATO HUMMUS

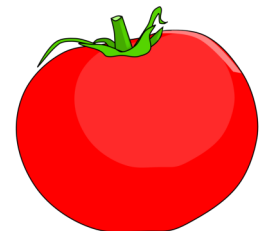
- ½ cup chickpeas, canned, drained and rinsed
- 1 ½ cups purple sweet potato, cooked and cubed
- 2 tablespoons tahini
- 3 tablespoons olive oil
- 1 clove garlic
- 1 tablespoon lemon juice
- ¾ teaspoon salt
- 2 tablespoons water, if needed

BEET HUMMUS

- 15 oz chickpeas, 1 can, drained and rinsed
- 1 cup beet, canned
- 2 tablespoons tahini
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 clove garlic
- ¾ teaspoon salt



****Preparation on Next Page****



Rainbow

Great Plains

Rainbow Hummus (18 servings) - Continued

1. Make the roasted red pepper hummus: combine the chickpeas, roasted red peppers, tahini, olive oil, lemon juice, garlic, paprika, and salt in a food processor and pulse until smooth. Transfer to a small bowl and wash out the food processor.
 2. Make the sun-dried tomato hummus: combine the chickpeas, sun-dried tomatoes, tahini, olive oil, garlic, salt, and lemon juice in a food processor and pulse until smooth. Transfer to a small bowl and wash out the food processor.
 3. Make the turmeric garlic hummus: combine the chickpeas, tahini, olive oil, garlic, turmeric, lemon juice, and salt in a food processor and pulse until smooth. Transfer to a small bowl and wash out the food processor.
 4. Make the spinach and artichoke hummus: combine the chickpeas, spinach, artichoke hearts, tahini, olive oil, garlic, lemon juice, and salt in a food processor and process until smooth. Transfer to a small bowl and wash out the food processor.
 5. Make the purple sweet potato hummus: combine the chickpeas, purple sweet potatoes, tahini, olive oil, garlic, lemon juice, and salt in a food processor and process until smooth. Add 2-3 tablespoon of water, as needed, if the hummus seems too thick. Transfer to a small bowl and wash out the food processor.
 6. Make the beet hummus: combine the chickpeas, beets, tahini, olive oil, lemon juice, garlic, and salt in a food processor and process until smooth. Transfer to a small bowl.
 7. To assemble, spoon each hummus color in six strips in a medium to large baking or serving dish. Use a spatula or bench scraper to help separate the sections.
 8. Serve with carrots, crackers, and pita bread.
- Enjoy!

Mini Rainbow Doughnuts (3 dozen mini donuts)

Yummy little doughnuts in bright rainbow colors. Recipe from HoosierHomemade.com

- 1 box Yellow Cake Mix {I used Golden Butter}
- 2 Eggs
- 1/2 cup {1 stick} butter, softened
- 1 cup milk

Coloring – Violet, Royal Blue, Kelly Green, Lemon Yellow, Orange and No-Taste Red

Glaze

- 1 cup powdered sugar
 - 2-3 tablespoons milk
- 1 teaspoon vanilla

1. Preheat oven to 350 degrees, slightly spray doughnut pans
2. In a large bowl, combine cake mix, eggs, butter and milk, mix well
3. Divide equally into 6 separate bowls
4. Add coloring to each batter
5. Spoon batter into resealable bags and pipe a small amount into doughnut pan, fill about 1/2 way
6. Bake minis for about 7 minutes and regular size doughnuts for about 10-12 minutes

Serve with glaze if desired

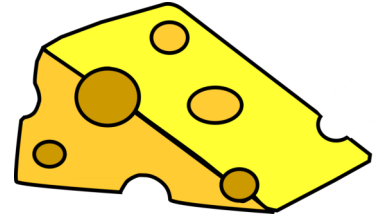
Find it online: <https://hoosierhomemade.com/mini-rainbow-doughnuts/>

Yellow

Lucky Clover

Cheesy Hash brown Casserole

- 1 1/2 cups shredded Cheddar Cheese
- 12 eggs
- 1 cup milk
- 1 (16 ounce) package frozen hash browns, thawed
- 1 teaspoon salt
- 1/2 teaspoon ground pepper



1. Preheat oven to 350 degrees F. Lightly grease a 9x13 inch casserole dish.
2. In a large bowl beat together eggs and milk. Mix in cheese, salt and pepper. Stir in the thawed hash browns. Pour mixture into prepared casserole.
3. Bake in preheated oven until a knife inserted in center comes out clean, 35-45 minutes.

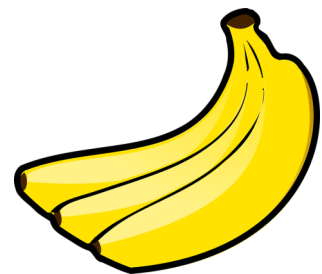
Fluffy Pancakes

- 1 1/4 cups flour
- 1 1/2 tablespoons white sugar
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1 1/3 cups milk
- 1 egg, lightly beaten
- 3 tablespoons vegetable oil
- 3/4 teaspoon vanilla extract
- 1 teaspoon vegetable oil, or as needed

1. Whisk together flour, sugar, baking powder, and salt in a bowl. Whisk in the milk, egg, 3 tablespoons vegetable oil, and vanilla extract until only a few lumps remain. Let the batter stand for 5 full minutes for extra fluffiness.
2. Heat a skillet or griddle over medium heat, and brush with 1 teaspoon vegetable oil. When the oil shimmers, slowly pour about 1/4 cup of batter into the hot pan. Cook until bottom is browned, about 2 minutes, then flip and cook until the center of the pancake is set and the other side is browned, about 2 more minutes. Keep warm until serving.

Banana Pudding Cups

- 3 cups cold milk
- 2 pkg Vanilla Instant Pudding
- 30 vanilla wafers
- 3 bananas sliced
- 1 tub cool whip topping, thawed



1. Beat pudding mixes and milk with whisk 2 min. Let stand 5 min.
2. Arrange half the wafers on bottom and up side of 2-qt. serving bowl; top with layers of half each of the banana slices and pudding. Repeat all layers. Cover with cool whip. (Or divide mixture into serving size cups for easy serving)
3. Refrigerate 3 hours.

Blue

Oxford Hustlers

Blue Crab Dip

- 8 ounces cream cheese, softened
- 3 teaspoons heavy whipping cream
- 2 tablespoons grated parmesan cheese
- 1 tablespoon apple juice or 1 tablespoon white wine
- 2 tablespoons diced red bell peppers
- 1 tablespoon diced roma tomato
- 2 tablespoons diced green onions
- 1/2-1 teaspoon liquid crab boil seasoning
- 2 dashes ground mustard
- 2 dashes hot sauce
- 6 ounces lump crabmeat, drained
- 1 tablespoon fresh grated parmesan cheese (to garnish)

1. Fold all ingredients together except 1 T Parmesan cheese.
2. Spread evenly into oven proof baking dish.
3. Microwave for 2 minutes.
4. Transfer to oven and broil till top is slightly browned.
5. Garnish with Parmesan and serve with Tortilla chips or toasted sourdough baguettes.
6. For a little more zing we add extra (about another 1 t) crab boil, be careful—it can add quite a kick!

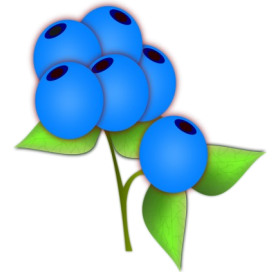
Blue Hawaiian Punch

- 2 liter Lemon lime soda
- 46 oz Pineapple juice
- 1 gal Hawaiian punch

Chill, mix and serve. Serves 30

Quick and Easy Blueberry Muffins Recipe (20-22 mini muffins)

- 1 1/2 cups (195 grams) all-purpose flour
- 3/4 cup (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
- 1/2 teaspoon kosher salt
- 2 teaspoons baking powder
- 1/3 cup (80 ml) canola or vegetable oil
- 1 large egg
- 1/3 – 1/2 cup (80 ml – 120 ml) milk
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces (about 1 cup) fresh or frozen blueberries (if frozen, do not thaw)



PREPARE OVEN AND MUFFIN CUPS: Heat oven to 400 degrees F. For standard-size muffins line 10 muffin cups. Fill the remaining cups with 1 to 2 tablespoons of water to help the muffins bake evenly.

MAKE BATTER: Whisk the flour, sugar, baking powder, and salt in a large bowl. Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine. Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. Fold in the blueberries.

BAKE MUFFINS

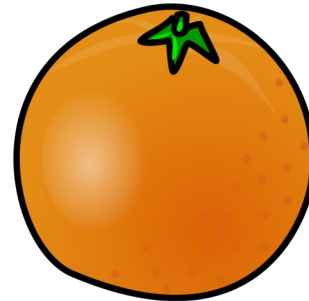
Divide the batter between muffin cups. Sprinkle a little sugar on top of each muffin. Bake standard muffins 15 to 20 minutes, or mini muffins 9 to 11 minutes, or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.

Orange

Pioneer

Slow Cooker Orange Chicken

- 1 1/4 lbs boneless skinless chicken breasts cut into 1 inch chunks
- 1/4 cup cornstarch
- salt and pepper to taste
- 1/4 cup vegetable oil
- 3/4 cup orange marmalade
- 1/4 cup low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon minced garlic
- cooking spray
- 1 tablespoon sesame seeds
- 2 tablespoons sliced green onions



1. Place the chicken pieces in a bowl.
2. Add the cornstarch and salt and pepper.
3. Toss to coat the chicken in the cornstarch mixture.
4. Heat the oil in a large pan over medium high heat.
5. Add the chicken in a single layer and cook for 3-4 minutes on each side until browned. You may need to work in batches.
6. Coat a slow cooker with cooking spray and add the chicken to the slow cooker.
7. In a small bowl, whisk together the orange marmalade, soy sauce, rice vinegar, sesame oil and garlic.
8. Pour the sauce over the chicken and gently stir to coat.
9. Cook on LOW for 2-3 hours.
10. Sprinkle with sesame seeds and green onions, then serve.

The Best Punch Recipe (10 quarts)

This is the best punch recipe. It combines pineapple, orange and lemon flavors for an addicting drink for any party.

- 1 gallon worth of lemonade powder mix or lemonade packets and sugar
 - 12 ounce frozen orange juice concentrate
 - 6 ounces of lemonade frozen concentrate
 - 1, 46 ounce can of pineapple juice
 - 1 gallon of water
 - 2 liters of ginger ale
1. Mix all the ingredients except the ginger ale together.
 2. Refrigerate until ready to serve or freeze overnight for slush.
 3. Pour in ginger ale before serving.

Orange

Pioneer

No Bake Orange Creamsicle Truffles

- 1 cup white chocolate melting chips
 - 1/4 cup unsalted butter
 - zest from 1 orange
 - 3 tbsp. heavy cream
 - 1/2 tsp. orange extract
 - a few drops orange food coloring
 - 1/2 cup confectioners sugar, divided
1. Place white chocolate melting chips in a medium bowl and set aside.
 2. Combine butter and orange zest in a saucepan over medium heat and cook for about 1 minute. Pour in heavy cream and stir to prevent scalding the cream.
 3. Keep stirring for another 2 minutes, then pour the mixture through a fine strainer over the white chocolate melting chips.
 4. Let the mixture sit and melt the white chocolate for about a minute, and add in the orange extract and orange food coloring.
 5. Whisk until mostly melted. Cover the bowl in plastic wrap and chill in the fridge for 1-2 hours.
 6. Divide confectioners sugar between two small bowls.
 7. Begin scooping tablespoon-size balls of truffle mixture and rolling them into balls.
 8. Roll each truffle in one of the bowls of the confectioners sugar before placing on a cookie sheet. Once all of the truffles
 9. have been rolled, re-roll them in the second bowl of confectioners sugar and place the truffles in the freezer for 20 minutes to set.
 10. Transfer to the fridge until ready to serve.

Brown

Prairie Star

Meatballs:

- 1 lb ground beef
- $\frac{3}{4}$ C oatmeal
- $\frac{1}{4}$ C chopped onion
- 1 egg
- $\frac{1}{2}$ C milk
- 1 t worchestire sauce
- $\frac{1}{2}$ t garlic powder
- 1 t salt
- 1 t chili powder

Sauce:

- $\frac{3}{4}$ C ketchup
- 1 T liquid smoke
- $\frac{1}{8}$ C chopped onion
- $\frac{1}{2}$ C brown sugar
- $\frac{1}{4}$ t garlic powder

Make meatballs and put them in pan. Put sauce over meatballs and cook in a 350 degree oven for 45 minutes to one hour.

Brownies

- 1 cup butter, melted and cooled (226g)
- 1 cup granulated white sugar (200g)
- 1 cup brown sugar (200g)
- 4 large eggs
- 2 vanilla beans* (or 2 tsp vanilla extract)
- 1 cup all-purpose flour, spoon and level (120g)
- 1 cup dutch-processed or unsweetened natural cocoa powder, spoon and level (84g)
- 1 tsp salt
- 1+ $\frac{1}{4}$ cups high-quality chocolate, roughly chopped (7.5oz / 220g)



1. Preheat oven to 350°F /175°C. Line a 9x13" baking pan with parchment paper with an overhang on the sides to easily lift the brownies out of the pan after baking. Set aside.
2. In a large mixing bowl stir together butter, sugars, eggs, and vanilla* just until combined. Don't use a hard or stand mixer or you have too much air pockets in the batter, and this makes the brownies cakey instead of fudgy. Stir by hand with a whisk. Sift in flour, cocoa, and salt and stir just to combine. Fold in $\frac{3}{4}$ cups of chopped chocolate. Spread evenly into prepared pan and sprinkle the remaining chocolate on top.
3. Bake for 23-30 minutes until the brownies don't jiggle anymore and are just set to touch. A toothpick should come out dirty. Don't overbake the brownies or they are getting cakey. Because every oven is different, set the timer for 20 minutes for the first time and check every 1-2 minutes until the brownies are done. Maybe they are perfect at the second time you bake them. I bake mine for exactly 27 minutes. Remove from the oven and let cool for 10 minutes. They will keep baking in the pan. Then carefully transfer with the paper to a wire rack and let cool completely. Cut into 15 brownies (5x3) before serving. Store in an airtight container at room temperature up to 3 days.

Pink

Sharon

Pink Dipped Marshmallows

- Large marshmallows
- pink food coloring
- white almond bark
- sprinkles.

First melt the white almond bark and add the pink food coloring. Add your marshmallows to a fun stick and dip them in the pink almond bark add any sprinkles you want.

Unicorn Bark

Sparkly, shimmery, magical, pink Unicorn bark for your inner pretty princess.

- 2 cups hot pink candy wafers
 - 2 cups light pink candy wafers
 - Sprinkles and fruity marshmallows for topping
1. Melt candy wafers according to package instructions.
 2. "Dollop" the melted candy onto a silicone baking mat, with the colors randomly interspersed (so the hot pink and the light pink will marble).
 3. Use an offset spatula or spoon to smooth out the melted candy



White

Stanley Buccaneers

Alfredo Sauce (10 Servings)

- 1-pint heavy cream
- 1/2 cup butter
- 2 tablespoons cream cheese
- 1 to 1-1/2 cup fresh Parmesan cheese
- 1 teaspoon garlic powder
- salt and pepper, to taste

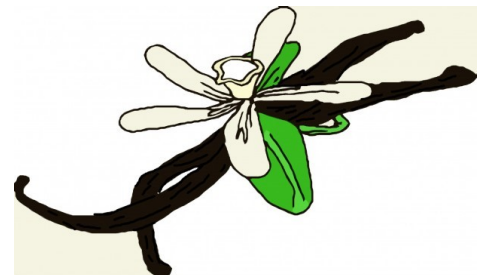
1. In a saucepan combine heavy cream, butter and cream cheese. Bring to a simmer, then keep it simmering until all is melted and mixed well.
2. Whisk in the Parmesan cheese and garlic powder. Simmer this for 15-20 minutes on medium-low heat, just until it thickens enough to coat a spoon. Salt and pepper to taste.
3. Serve over hot pasta, in place of red pizza sauce, or for dipping. It's great with grilled chicken or shrimp too.

Note: This sauce will separate when you reheat it.

TIP: If this sauce becomes a little too thick, thin it with pasta water. Drain your pasta, but save some water. It doesn't take much to cover your noodles!

The Best Sugar Cookie Recipe (45 Cookies)

- 3 cups all purpose flour, measured then sifted
- 1 ½ tsp baking powder
- 1 tsp fine sea salt
- 3 sticks unsalted butter, softened
- 1 ½ cups granulated sugar + extra for rolling
- 2 large eggs
- 1 tbs pure vanilla extract



1. Preheat oven to 375 degrees. Line several baking sheets with parchment paper. Mix the flour, baking powder, and salt in a medium bowl.
2. Place the softened butter and sugar in the bowl of an electric mixer. Cream on high until light and fluffy, 3-5 minutes (don't skimp on the time here). Turn the mixer on low and add the eggs and vanilla extract. Scrape the bowl.
3. With the mixer running on low, slowly add the flour mixture. Scrape the bowl and beat again for 30 seconds.
4. Pour some extra sugar into a bowl to coat the cookies. Scoop out the dough, and roll into 1-inch balls. I used a 2 tsp cookie dough scoop. The dough should be soft and delicate – do not over-handle. Roll each ball in sugar, then place on the cookie sheets 2 inches apart. Use the bottom of a drinking glass to press down each ball until it's 1/2 – 1/3 inch thick. If needed, coat the bottom of the glass in sugar to prevent sticking.
5. Bake cookies for 8-11 minutes, until the edges are slightly golden and the centers are just barely set. Cool completely on the cookie sheets. Frost with buttercream frosting if desired.

White

Stanley Buccaneers

The Original Rice Krispies Treats™ Recipe (12 Servings)

- 3 tablespoons butter
- 1 package (10 oz., about 40) marshmallows or 4 cups miniature marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

Microwave Directions:

In microwave-safe bowl, heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Wedding Cupcake Buttercream

- 3 cups powdered sugar
- 1 cup (2 sticks) room temperature butter
- 1 tsp vanilla extract
- 1 to 2 tbsp heavy whipping cream
- pinch of salt if desired

In a large bowl cream sugar and butter on low speed until well blended. Increase speed to medium and beat for another 3 minutes.

Add vanilla and 1 tbsp of cream and continue to beat on medium speed for 1 minute more. Add more cream if needed for desired spreading/piping consistency.

Scoop into a piping bag and pipe onto cupcakes or spread onto cupcakes/cakes as desired.

White Holiday Punch

- 1 cup water
- 2 cups sugar
- 1 (12 ounce) can evaporated milk
- 1 tablespoon almond extract
- 6 (2 liter) bottles carbonated lemon-lime beverage
- 3 (1/2 gallon) cartons vanilla ice cream

1. Mix sugar and water in a saucepan.
2. Stir constantly over medium heat until sugar is dissolved.
3. Remove from heat, add evaporated milk and almond extract and let cool.
4. Chill until serving time.
5. Combine milk mixture and lemon-lime drink in punch bowl just before serving.
6. Add and stir ice cream, to break ice cream up into small pieces.

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO
10

NRBOW ICER
13 12

LEISUM
14

EKAWTBHCU
2

HOEWL TEWAH ABDER
4 11 3 8

TEAMALO
6 7

LEWOH NIAGR YABELR
5 9 1

1 2 3 4 5 6 7 8 9 10 11 12 13 14

A graphic of a plate divided into four quadrants: Fruits (top-left), Vegetables (bottom-left), Grains (top-right), and Protein (bottom-right). To the right of the plate is a small bowl labeled Dairy. To the left is a fork. Below the plate is the text "Choose **MyPlate**.gov".

Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³

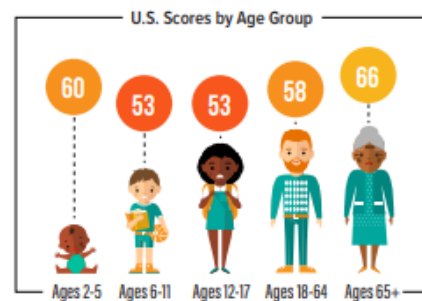


Healthy eating can help... but first, we need to do it.



The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of: ⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest **\$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD SAVE THE UNITED STATES \$16,000,000,000 annually within five years!⁵

That's a **5.6x return** for every **\$1 invested!**

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

“ [USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

“ With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

“ Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.